



### Organization

Two penalty boxes set up approximately 40 yards apart. Halfway line serves as top of second penalty box. 4 and 6 feed ball into 8,9, and 10. Balls can also be fed to flank players 7 and 11 for crossing service.

### Description of Exercise

Whistle blows to start the exercise - 4 and 6 alternate serving balls for scoring chances, mixing up service direct to the strikers with service to the flank players. Strikers are limited to one touch. 2, 5, and 3 behind each goal can score a point by controlling shots hit over the crossbar and juggling three times. Groups play for 90 seconds, then 2,5 and 3 swap with 8, 9 and 10, while 4 and 6 swap with 7 and 11.

### Purpose of Exercise

To develop a realistic environment for scoring goals, working on first-time shooting, swivel shooting, side volleys, headers, rebounds, etc.